

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING Honey-Glazed Chicken Breast Halves with Apples and Leeks

SALAD

Shaved Fennel & Apple Citrus Salad

Ingredients

- 1 small fennel bulb, very thinly sliced
- 1 sweet-tart apple, thinly sliced (Honeycrisp or similar)
- 4 cups mixed greens
- 1/3 cup shaved parmesan (optional)
- 1/4 cup toasted sliced almonds (optional)
- 1/2 cup orange segments (or supremed orange slices)
- 2 tbsp fresh lemon juice
- 3 tbsp olive oil
- 1 tsp honey
- 1 tsp Dijon mustard
- Salt + black pepper

Preparation

1. Whisk lemon juice, olive oil, honey, Dijon, salt, and pepper to make the dressing.
2. In a large bowl, combine greens, fennel, apple slices, and orange segments.
3. Toss with dressing until lightly coated.
4. Top with parmesan and almonds if using.

Presentation

- Serve in a chilled bowl or platter.
- Finish with extra black pepper and a few thin apple slices fanned on top.

Entree: Honey-Glazed Chicken Breast Halves with Apples and Leeks

Ingredients

- 4 chicken breast halves (boneless, skinless if possible)
- 2 tbsp olive oil
- 1 tbsp unsalted butter
- 2 medium leeks (white + tender green parts), rinsed and thinly sliced
- 2 apples, peeled and thinly sliced

- 3 cloves garlic, minced
- 1/2 cup chicken stock (or water)
- 1/3 cup honey
- 1 tbsp apple cider vinegar (or white wine vinegar)
- 1 tsp Dijon mustard
- 1/2 tsp dried thyme (or 1 tsp fresh)
- Salt + black pepper
- 1/4 tsp red pepper flakes (optional)
- 1 tbsp chopped fresh parsley (for garnish)

Preparation

1. **Season & brown:** Pat chicken dry. Season both sides with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear chicken 3–4 minutes per side until golden. Remove to a plate.
2. **Cook leeks:** Reduce heat to medium. Add butter to the same skillet. Add leeks and sauté 5–7 minutes until softened. Add garlic and cook 30 seconds.
3. **Build sauce:** Stir in chicken stock, honey, vinegar, Dijon, thyme, and (optional) red pepper flakes. Simmer 2–3 minutes.
4. **Add apples:** Lay apple slices into the skillet. Nestle chicken back in. Spoon sauce over chicken.
5. **Glaze & finish:** Simmer gently 8–12 minutes (until chicken reaches 165°F / 74°C and apples are tender). If sauce is thin, simmer 1–2 minutes more to thicken.
6. **Garnish:** Turn off heat, sprinkle with parsley.

Presentation

- Spoon a generous amount of leeks and apple slices onto each plate.
- Place chicken halves on top, then spoon the glossy honey glaze over the chicken.
- Optional finishing touch: a light drizzle of extra honey and a pinch of flaky salt.

Side Dish #1: Garlic-Parmesan Roasted Potatoes (or Baby Potatoes)

Ingredients

- 1 lb baby potatoes, halved
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 2 tbsp grated parmesan
- 1 tsp rosemary (fresh or dried)
- Salt + black pepper

Preparation

1. Heat oven to 425°F / 220°C.
2. Toss potatoes with olive oil, garlic, rosemary, salt, and pepper.
3. Spread cut-side down on a sheet pan.
4. Roast 25–35 minutes until browned and tender.
5. Toss with parmesan immediately after roasting (while hot) to lightly melt it.

Presentation

- Serve hot on the side platter; sprinkle with a final pinch of pepper.

Side Dish #2: Creamy Sautéed Leeks & Greens

(Perfect echo of the leek flavor in the entrée.) **Ingredients**

- 2 cups chopped mixed greens (spinach, escarole, or kale)
- 1 small leek, cleaned and sliced
- 1 tbsp olive oil
- 1 tbsp butter
- 1 clove garlic, minced
- 1/4 cup cream (or half-and-half)
- Salt + pepper
- Squeeze of lemon (optional)

Preparation

1. Sauté leek in olive oil + butter until soft, 4–6 minutes.
2. Add garlic for 30 seconds.
3. Add greens a handful at a time; cook until wilted, 2–4 minutes.
4. Stir in cream, simmer 1–2 minutes, season to taste.

Presentation

- Spoon into a small serving bowl; finish with a tiny squeeze of lemon for brightness.

Dessert: Warm Baked Apples with Cinnamon-Honey Sauce

Ingredients

- 2 large apples, cored and cut into thick wedges
- 2 tbsp honey (or more to taste)
- 1 tbsp unsalted butter
- 1/2 tsp ground cinnamon
- 1/4 tsp nutmeg (optional)
- 1 tbsp lemon juice
- 2 tbsp chopped walnuts (optional)
- Vanilla ice cream or whipped cream (for serving)

Preparation

1. Heat oven to 375°F / 190°C.
2. Toss apple wedges with honey, melted butter, cinnamon, nutmeg, and lemon juice.
3. Spread in a baking dish and bake 20–25 minutes until tender.
4. Spoon pan juices over apples; top with walnuts if using.

Presentation

- Serve warm apples in bowls.
 - Add a scoop of vanilla ice cream and drizzle a little extra honey-cinnamon sauce from the pan.
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Wine Pairing

Ethero Albariño White Wine

Why it's the best choice:

Albariño's bright citrus and stone-fruit notes match the sweetness from the honey and apples, while its crisp acidity helps balance the glaze so the flavors stay fresh instead of heavy—especially with the leeks and garlic.